



**UK HEALTHY UNIVERSITIES NETWORK
UNIVERSITY OF CENTRAL LANCASHIRE
TUESDAY 14 MAY 2019**



**NOTES FROM MEETING
&
REPORT OF THEMED SESSION/WORKSHOP
HEALTHY CAMPUS PLANNING & DESIGN**

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WELCOME AND INTRODUCTIONS

Liz Bromley, Deputy Vice-Chancellor and Joint Institutional Lead for UCLan, welcomed participants to UCLan and the Network meeting.

NETWORK UPDATE

Prof. Mark Dooris, Co-Chair, UK Healthy Universities Network

Mark Dooris – Network Update

Mark added his welcome and provided a Network update, covering vision/context, history/development, membership, policy engagement/influence, and website/communication.

Chris Deacy, Linda McSwiggan and Hazel Wright provided brief updates relating to developments in Wales, Scotland and North East England respectively

ACTION:

- ➔ ALL asked to submit and/or update case studies for the website – using [this link](#).
- ➔ ALL asked to provide material (news, updates features, articles) for the newsletter – submit to healthyuniversities@uclan.ac.uk by **27 June 2019**.
- ➔ ALL asked to submit news items for the website to healthyuniversities@uclan.ac.uk.

FOCUS THEME: PRESENTATION 1

Mark Drane, Urban Habitats

Healthy Campus Planning and Design: Overview and Opportunities

Mark provided a scene-setting keynote presentation exploring the opportunities for health and wellbeing offered by the built environment. He introduced health as a holistic, socio-ecological and population-level concept, examined the close connections between health and sustainable development, considered trends in the sector, outlined the evidence concerning the physical environment and health, and highlighted the complexity involved. He then focused on five key areas: getting it right at all scales; active travel & physical activity; green & blue infrastructure; healthy food environment; co-creation & engagement.

NETWORKING, SHARING OF PRACTICE AND PEER SUPPORT [ROUND TABLE DISCUSSIONS]

Participants talked in small groups, sharing good practice, discussing challenges and offering peer support.

FOCUS THEME: PRESENTATION 2

Michael Ahern, Chief Operating Officer, UCLan

[UCLan's Campus Masterplan: Vision and Action](#)

Michael provided an overview of UCLan's Campus Masterplan, showing an [introductory video](#), outlining key developments and reflecting on the challenges and opportunities to embedding a commitment to health, wellbeing and sustainability into the process. Specifically, he highlighted the importance of those involved in Healthy and Sustainable Universities engaging with Executive-level leaders and decision-makers – highlighting challenges and opportunities, and providing solutions and ways forward.

THEMED SESSION: HEALTHY CAMPUS PLANNING & DESIGN

Chair: Prof. Sue Powell, Co-Chair, UK Healthy Universities Network

Sharon Doherty, Healthy University Co-ordinator, UCLan

[Towards a Healthy, Active, Safe and Sustainable Campus](#)

Sharon built on Michael Ahern's presentation, introducing UCLan's Healthy & Sustainable University Group and reflecting on how this had engaged with and influenced the University's Masterplan and 2015-2020 Strategy – specifically through developing 'design principles' into a working brief for consultants, architects and estates officers. She went on to give practical examples of members of this group have supported the University to deliver the Masterplan's commitment to creating a Healthy, Sustainable, Active and Safe Campus.

Jamie Anderson, Senior Consultant, BuroHappold Engineering

[Healthy Learning Environments: Evidence & Practice](#)

Jamie gave a keynote presentation in which he outlined his and BuroHappold's interest in a contribution to Healthy Built Environments. He then focused on student mental health, offering an overview of mental health trends, highlighting the importance of taking a population-level view that appreciates the spectrum of mental health – from ill-health and languishing to flourishing – and a summary of findings from 'mental health design sprints' undertaken with a number of university communities. He went on to provide a practical design case study of a Middle Eastern university, discussing a Health and Wellbeing Strategy for indoor and outdoor spaces. Looking forward, he reflected on the challenges and opportunities to using and creating evidence, highlighting complexity and Participatory System Dynamics; and the potential of Participatory Action Research.

Additionally, you can view slides providing an overview of a [Student Survey undertaken by BuroHappold](#) asking the question "If students were in charge of their estate, what would they do?"

Erwin Kerkhof, Sustainability Advisor, Eindhoven University of Technology

Designing a Vital Campus: On how we started our Vitality Journey

Erwin explained that Eindhoven University of Technology is a higher education institution with 11,000 students and 3,000 staff, committed to working in active partnership with business and government under the strapline 'Brainport Eindhoven'.

There is an interest in Vitality / Health from different divisions within the university and there was a decision to actively join forces and create a university wide Vitality Core Team. This aligns with a commitment to being a sustainable university – which not only requires a focus on energy, resources and nature, but also health and wellbeing.

A 'Vitality Week' was organized, including four healthy breakfast co-creation sessions. This generated 824 ideas, which were clustered and resulted in five sub-teams being formed focused on: Physical Activity; Mental Health; Nutrition; Vitality & Technology; and the Physical Environment. Each of these is led by a different grouping within the University. Every team comprises people from different parts of the organization and is tasked with generating short-, mid- and long-term plans.

Panel Discussion and Questions

Following the presentations, there were questions and a panel discussion.

NEXT MEETING

The next meeting will take place on **Wednesday 6th November 2019** at the **University of the West of England, Bristol** [theme to be confirmed].

APPENDIX 1: ATTENDANCE

First Name	Last Name	Position	Organisation
Michael	Ahern	Chief Operating Officer	UCLan
Jamie	Anderson	Senior Consultant	BuroHappold Engineering
Samantha	Bell-Minogue	Assistant Director of Sport	University of Nottingham
Liz	Bromley	Deputy Vice-Chancellor & Interim Joint Institutional Lead	UCLan
Aisling	Benson	Engagement Adviser	Edge Hill University
Karen	Cregan	Senior Lecturer in Business and Management	University of Chester
Angela	Dale	Head of Sport	University of Keele
Chris	Deacy	Assistant HR Director (HSW)	Cardiff Metropolitan University
Sharon	Doherty	Healthy University Coordinator / Healthy Settings Development Officer	UCLan
Mark	Dooris	Professor in Health & Sustainability/ Director of Healthy & Sustainable Settings Unit	UCLan
Mark	Drane	Founder	Urban Habitats
Jane	Eccles	Health Advocate + Administration Officer	University of Cumbria
Andrea	Evers	Professor of Health Psychology	University of Leiden
Alan	Farrier	Research Associate - Health & Justice	UCLan
Maxine	Holt	Principal Lecturer In Public Health	Manchester Metropolitan University
Kathryn	Hoyle	Principal Lecturer Integrated Foundation Year Programmes	University of Cumbria
Erwin	Kerkhof	Sustainability Advisor	TU/e
Sally	Lawson	Academic Support Tutor	Institute for Optimum Nutrition
Claire	Macdonald-Clarke	Lecturer in Nutrition	Liverpool Hope University
Linda	McSwiggan	Senior Lecturer, School of Nursing and Health Sciences	University of Dundee

Andee	Moorcroft	Student Well-being Officer	Liverpool Hope University
Julie	Mulliner	Assistant Director of Human Resources	University of Chester
Judy	Orme	Co-Director of Institute for Sustainability, Health and Environment	University of the West of England
Sue	Powell	Professor of Public Health, Head, Centre for Innovation and Knowledge Exchange	Manchester Metropolitan University
Peter	Rands	Director of Sustainability Development	EAUC
Eileen	Rutten	Student Assistant	TU/e
Charlotte	Smith	Healthy University Coordinator	UCLan
Rebecca	Tataryn	Senior Officer for Safeguarding and Welfare	Office for Students
Thomas	Vellinga	Senior Policy Advisor	University of Leiden
Hazel	Wallace-Williams		University of Greenwich
Sue	Wilbraham	Senior Lecturer, Department of Health, Psychology and Social Studies	University of Cumbria
Hazel	Wright	Student Wellbeing coordinator	Teesside University